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THE LAW OF ACTIVITY

CONTAINING PROFESSOR WATKINS' CONDENSED SYSTEM OF PHYSICAL CULTURE.

JAMES ANDREW WATKINS.



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THE LAW OF ACTIVITY

BEING VOLUME TWO OF THE

TREE OF LIFE

LIBRARY.

CONTAINING

PROFESSOR WATKINS'

CONDENSED SYSTEM

OF

PHYSICAL CULTURE

THE MOST UNIQUE AND INGENUOUS
ARRANGEMENT OF PHYSICAL CULTURE MOVEMENTS
EVER FORMULATED BY THE SKILLFUL AND
SCIENTIFIC INVENTION OF MAN

DESIGNED FOR

FAMILY DRILLS
PARLOR CLUBS
GENERAL CLASSES
PUBLIC SCHOOLS
PRIVATE PRACTICE.

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PREFACE

During more than five years in the professional work of Physical Culture teaching, the author has observed a great need of an enticing, and yet a safe and scientific system of physical culture that can be adapted to Home practice. He hopes the system of exercises arranged in this little volume will supply that need.

The many blessings derivable from a course of scientific physical culture training are too numerous to mention. The world at large, and especially the more intelligent portion of it, realizes the fact that physical culture when taken intelligently, is the best mean of preserving the health, and also the greatest adjunct in restoring health when once it is lost.

Universities, colleges, and public schools throughout the country are adopting physical culture as a means of health preservation and development, and ere long it will be considered the most important branch in the institutions of learning. It will not be long before the weak and delicate will be sent to school to make them strong, instead of being kept out, as now, because of delicate health.

The true object of physical culture is now, and always will be, health. The effort of some teachers to make an athletic man of a mental man, is rediculous in the extreme. If such a thing was possible, it would not be advisable, for it is better to remain, every one, in his own inherited temperament. The author does not claim that this system will develop large and powerful muscles in a person of the nervous temperament, but he does claim that the exercises of this volume will give an all-round balanced muscular activity, and that this will give good health in so far as that blessing can be had through the Law of Activity. There are other Natural Laws that govern human life which must be observed before perfect health is possible.

If there is any doubt in your mind as to the efficacy of physical culture in improving the health, spend two months in the practice of this arrangement of exercises. You will need no other argument.

J. A. WATKINS.

TO MY MOTHER, WHO IS A QUEEN
AMONG WOMEN, THIS LITTLE VOLUME
IS AFFECTIONATELY DEDICATED.

INTRODUCTORY

"I believe that the Laws of Nature, which are the angels of the Most High, and obey His mandates, are rolling on the time when 'the child shall die an hundred years old' (Isa. lxv. 20) when sickness shall fade from the world, and with it the sins of the soul."

IN THE BEGINNING,

God covered Himself with the spangled vestments of the heavens and drew from out the boundless deep the forces that rule the lives and hearts of men; and those forces in the form of Natural Laws, which represent the Will of the Most High, govern all life that dwells on this mundane sphere. Before man was, Life was; before Life was, Law was; before Law was, was God. God was the first Great Cause; Natural Laws the secondary cause; Life and man the result.

A great cloud of darkness o'er shadows the world and man gropes around in uncertainty. This cloud has a superstitious lining and fabric woven of ignorance; and "nothing clouds men's minds like ignorance." Before the human race can take a step forward in the process of evolution, man must assume a mental attitude that will force an advancement. We must discard the old teachings which have led us to believe that we are ruled by some abrupt deity who jerks a man hence without form or ceremony, and that Natural Laws play no part in the incident. The man who believed yesterday and is doubting to-day, is advancing; but the man who obstinately holds to the old ideas and teachings cannot possibly advance beyond the source of such teachings; he at best remains stationary.

We must accept the universal fact that "what ever is, is natural". When we can recognize the fact that there is a natural cause for every effect; that everything in nature has an immediate natural cause preceeding it; when we can see that health and strength are the results of natural causes; that disease and death are the results of natural causes, that everything that is, is natural, then we begin to assume a mental position that will give us an opportunity to puncture the cloud of darkness that o'er shadows the world, and let in the sun-lit rays of intelligence.

The so-called freaks and miracles in nature are the results of Natural Laws, and under the same operation of these Laws the same freaks and miracles would re-appear; and under a continued repetition of the same operations the same freaks and miracles would become our common things, and the common things of to-day, would, if sufficiently scarce, become freaks under different conditions. God rules the world in the greatest as well as in the least, through Natural Laws, and everythnig He does is done in an orderly and natural manner; and with the same forces that have ruled through the centuries.

The author of this little volume believes that there are twelve Natural Laws that govern all life on this planet - - yes, in the universe - - and that when we live in harmony with them we must necessarily get desirable or harmonious results; and when we get out of harmony, undesirable results follow; but it is the same Laws that yield the results, whether they be harmonious, or not. When one strikes certain notes on the piano harmonious sounds are the result, but when other notes, or combinations, are struck, disagreeable discords are the result; but both the harmonious and discordant sounds are produced by the seven notes of the musical scale. And so with the Natural Laws; it depends on the combinations, whether harmonious or discordant results, whether health or disease. What the Natural Laws are is partially known by every one, and they are more or less unconsciously observed by all life. Animals observe them through instinct, and it is claimed that man's common sense should tell him when he is going wrong, but evidently it does not, for he boasts of good health more, and has less of it, than any other life on earth.

So far as the writer knows there is nowhere published a systematized arrangement of the Natural Laws. Therefore he intends publishing such an arrangement in a series of volumes to be known as the TREE OF LIFE Library. There are health clubs, hundred year clubs, health departments, health officers, health institutions and organizations galore throughout the land, but when you get into their teachings one generally finds "fads" promulgated by "cranks" and other objectionable features, and then they are not at all comprehensive

Fads are always useful to the fact gatherer, but as containing anything valuable within itself, a fad is never safe. There is something good in every fad, so-called, but it generally takes some one other than its promulgator to make it valuable to mankind. When you see a number of people following up a line of thought you can rest assured they are after a truth. When a boy, the writer remembers seeing a number of dogs surrounding a brush pile and on investigation, found a rabbit hidden therein. Another time he saw a number of hogs in a field with their heads immerged in the ground. Upon the surface he could see nothing, but on investigation found they were in a potato patch. So in his observations among mankind: wherever he has found a number of people after a fad, he has found on investigation that they were near a truth. It is true that when they saw it they could not see another truth not associated with it. People do not become interested in any line of thought unless there is a truth somewhere near.

Truth is eternal; and the author came to the conclusion a number of years ago that Truth was all that was worth striving for; that truths and facts in nature were safe within themselves and that they needed no one to defend them, and that he would accept them, it made no difference who were after them, nor from what source they came. With this mental condition controlling him he has culled from the realms of nature and pages of science many truths and facts that are of untold value to mankind. These will appear from time to time as conditions permit of them being published. A few appear in this little volume. There will be at least twelve volumes, each devoted to one of the Natural Laws, as is this one. What those Laws are may be found under the next heading.

TREE OF LIFE

"In the midst of the street of it,
and on either side of the river,
was there the TREE OF LIFE,
which bare twelve manner of fruits,
and yielded her fruit every month;
and the leaves of the tree,
were for the healing of the nations." Rev. xxii.

WHEN GOD MADE ADAM,

Or such first of human kind as may be understood by that name, and placed him in the garden of Eden, it was not long before he was seeking knowlege. It seems from the narrative in Genesis that Adam's curiosity got the upper hand of him, and he partook of fruit forbidden him. And when the Lord was calling around to see how the new man and woman were getting along, He discovered what had been done,"And the Lord said, Behold, the man has become as one of us, to know good and evil; and now lest he put forth his hand, and take also of the Tree of Life, and eat, and live forever; therefore the Lord God sent him forth from the garden of Eden * * * * * and He placed at the east of the garden of Eden Cherubims and a flaming sword which turned every way to keep the way of the Tree of Life."

That there is a source of everlasting life is clearly indicated in the Lord's statement concerning the protection of the Tree of Life. He said that if Adam should get hold of the fruit of this tree that he would live forever. Now no person believes for a moment that the eating of actual fruit was the sin committed; but on the other hand they know that it was the violation of a Law - - a Natural Law - - that caused the downfall of man. It will be one of the aims of the Tree of Life library to show, under two Natural Laws, that man not only fell once, but that he tumbled twice, and that so far, he has never been able to rise above his fallen position.

Revelations clearly state that this Tree of Life, which would have enabled Adam to have lived forever, will be revealed to man, and that it will yield its twelve manner of fruits and the leaves from this tree will be for the healing of the nations; and man shall live forever. Many men of many minds through the ages of the past, have been hunting for this fountain of life, but they have been looking for a real tree - - a material thing. It cannot be; matter is not life, though matter may be alive. "Life is in the Law" and has no source in material things. The best that matter can do is to catch the vital spark, and hold it for a season; and in this thought lies the hope of keeping a human body alive forever. As the vital spark wanes in the human body, it must be immediately replineshed, else the soul begins preparing for its departure. Beyond a doubt the vital spark can be kept aglow indefinitely, if we can only know how to operate the Law that will give that result.

Whether perpetual life on this planet is desirable or not, is not within the province of this volume to examine, but there is a strong indication that it is from the fact that no person in the full use of all his faculties is ready and willing to shake off his earthly environments and take a plunge into the sepulchral abyss. It is true that we hear from the quivering lips of those who are being forced into the great beyond that they are willing to go, but it is only after a life and death struggle with the grim monster, when any change would seemingly afford relief.

Perpetual health is desired by all whether perpetual life is or not. While we remain on earth we all desire that our functions and faculties be in the best usable condition. Every person can retain each function and faculty in a healthy condition if one only knows how to operate the Law that gives such results. The only plausable excuse for sickness now is ignorance or indifference; but no one likes to offer these, so to lay the blame somewhere else rather than take it upon himself, man burdens Providence with it, or throws it over on the shoulders of fate. If we could only understand what the Tree of Life is, indifference then would then be the only excuse for sickness.

What the Tree of Life is, at the present time is a matter of conjecture, opinion or belief. The author's opinion is that it is the twelve Natural Laws yielding their results in the great panorama of Nature. The Natural Laws being the branches springing from the great trunk of the Tree, which is the Will of God; the results being the fruits, and the leaves are rules for applying the Natural Laws to get their fruits or results. If this interpretation be correct, then there is a possibility of us getting hold of the key to perpetual life. It may be found in the following Natural Laws:

MENTALITY	LIGHT	SUBSTANCE
ACTIVITY	OXYGEN	IMPULSE
REPOSE	VITALITY	GRAVITY
SUB-CONSCIOUSNESS	ENERGY	HEAT.

"Life is in the Law." The Law is not life; Life is a result, and comes through the Law. "Law" here meaning the Will of God, the Tree of Life, or the division of the Law into the twelve above named Natural Laws. If God should relax His Will for a moment, or annul either of the above named Laws, the Life of the universe would be destroyed in the twinkling of an eye. Suppose the Law of Gravity should cease operations for an hour?

This little volume is devoted to the Law of Activity; and the rules herein given for applying that Law are under the heading of "Leaves". The Leaves from the Tree of Life are for the healing of the nations; or the rules for applying the Natural Laws are for the healing of nations. In this work they are supposed to mean one and the same thing. They are rules for getting the fruit from the Tree of Life; or rules for obtaining desirable results from the Law of Activity.

God is the architect of your body; Natural Laws the builder; and you are its caretaker. How well are you attending to your duty?

You are quite near the perennial Tree of Life. Put forth your hand and take freely of the fruits of this Tree; it is for the healing of the nations.

THE LAW OF ACTIVITY

"Better hunt in fields for health unbought,
Than fee the doctor for a nauseous draught.
The wise for cure on exercise depend,
God never made his work for man to mend."

There is one thing man cares but little for when he has it, and yet will give his all for it if he hasn't it, and that is health. Health is the first wealth, and yet it is not human nature to persevere in the maintainance of it. Ingersol said that if he was making the world, he would "make health catching, instead of disease." He did not observe very closely or the great orator wonld have discovered that health is far more "catching" than disease is. We are more in harmony with Natural Laws than we are at discord with them, and therefore we have more harmonious results than discordant conditions. Health indicates harmony; sickness denotes discord There is a great deal of discord in the world but there is more harmony; more health, than disease; more virtue, than vice.

Exercise in some form or another is recognized by everybody as being absolutely necessary for health. The ignorant and uninformed do not know any difference between a scientific system of physical culture and the work and drudgery of daily toil; it is all exercise with them. But the educated are cognizant of the fact that there is a great difference in the many systems of physical culture that are being introduced throughout the country. They recognize the importance and value of a balanced arrangement of movements that will enable them to take sufficient exercise in as limited a time as possible, without any danger of ill effects. It goes without saying that the author believes that his is the best condensed system of exercises to be found.

It is not deemed necessary to inter into a defense of this, or any other, system of exercises for the reason that this book is not likely to fall into the hands of those needing education along this line. However the descriptions, rules, advices, suggestions, remarks, and so on, under

the rather unique caption of "Leaves", will give the uninformed a general idea of the value of physical culture.

The Law of Activity to-day is applied in physical culture, osteopothy, massage, games, sports, out-door recreations, work, the every-day duties of life, and in various other ways. All of these are used in restoring health and maintaining it. Our rules for understanding and applying the Law of Activity appear under the following Leaves:

LEAF 101*

GOD WORKS THROUGH NATURAL LAWS HIS WONDERS TO PERFORM.

This is different from "God moves in a mysterious way His wonders to perform." There is nothing mysterious in God's ways except that our ignorance makes it so. We speak of the new discoveries and inventions as being mysterious and wonderful; but they are not so when we become intelligent. Think of the telephones, telegraph, Roentgen rays, wireless teelgraphy, and many other inventions of recent date. They all seem mysterious until we understand them; and so with the works of God.

LEAF 102

THE LEAVES FROM THE TREE OF LIFE ARE FOR THE HEALING OF THE NATIONS.

In the not far distant future those who wait upon the sick and the afflicted will be known as NATURE doctors, because they will apply the Laws of Nature more, and drugs less. They will use twelve parts common sense to one part drugs, instead of twelve parts drugs to one of common sense, as is the practice to-day. is a Natural Law that deals exclusively with matter (Substanc here is only one such Law and eleven others, it seems that a roportions at least would be valuable as an experiment. 1 nteresting to find out how far that Law can be used in the cure of se.

*Leaves numbered from 1 to 100 appear in the Law of Mentality.

LEAF 103

LIFE BEGINS IN ACTION, CONTINUES IN ACTION AND ENDS IN ACTION.

Our earthly existance begins with a kick and a cry; it continues in a hustle and a tussle; and ends with a struggle and a groan. From the cradle to the grave, life is one continuous action, varied in degrees only. The healthy person, other Laws being equally observed, is the one who has a balanced daily activity. This means that one part is not too active and some other part not sufficiently active, but all parts equally exercised.

LEAF 104

ACTIVITY AND REPOSE ARE ASSOCIATE LAWS.

In sleep the body is active in its smaller actions; such as the heart beat, breathing, blood circulation, and so on. In the most vigorous exercise, the body in some of its parts is reposing; the heart takes a rest between each pulsation. The largest actions are associated with Repose, and the dead-sleep is accompanied by more or less activity. They blend into one.

LEAF 105

IN NATURE, ACTIVITY IS ALWAYS FOLLOWED BY REPOSE.

We see this Leaf applied every day. Take the child at play: it is very active until a certain condition is reached in the body, and then it falls asleep. The same is true of man, and all animal life. It is not possible for any living thing to keep up the larger activities indefinitely. All life must make use of the Law of Repose. Even a piece of machinery will last longer if given rest. On an average, man should be active sixteen hours, and rest eight. Your daily habits should be eight hours work; eight the care, culture, and training of the body and mind; and s in sound slumber - - complete Repose. In physical cult g, the best results come from exercising two minutes and g one, during the hour's drill.

LEAF 106

A PERIOD OF PHYSICAL CULTURE TRAINING SHOULD BE FOLLOWED BY A PERIOD OF REST.

My experience has proven conclusively that a person should not keep up physical culture exercises all the time; but should take periods of training followed by periods of rest. The periods of training may be during the months of October and November, and again in March and April. The other months, desist from the exercises. But in order to apply this Leaf successfully it is necessasy to be active in the every day duties of life, or otherwise. The proportions of Activity and Repose are reversed under this Leaf.

LEAF 107

DURING A PERIOD OF PHYSICAL CULTURE TRAINING AN HOUR'S EXTRA SLEEP SHOULD BE TAKEN.

This Leaf will hold good any time during life when there is an extra muscular tax made upon the body. When it is taxed more than usual, an extra amount of sleep should be had so as to give the recuperative forces of the body time to make complete repairs. The best results from a course of physical culture training will not come unless the hour of extra sleep is taken. It may be taken at noon.

LEAF 108

THE BEST BUILDING MATERIAL SHOULD BE EATEN DURING A COURSE OF PHYSICAL CULTURE TRAINING.

Food is building material, and nothing more. Different materials have different values in the construction of a house; and so the many kinds of foods have various values in re-building the body. The best foods should be selected at all times, and especially during a course of physical training. A list of those foods will appear in the Law of Substance, volume nine, of the Tree of Life library. Building Material should be the name of that volume, but the effort has been made to have the books bear a one-word name only.

LEAF 109

AN ACTIVE BODY DIES IN PART, AND IS REBUILT IN PART EVERY DAY.

Every movement that a muscle makes breaks down the oldest and weakest tissues in the part moved. The blood carries its building material to the moved parts and immediately repairs the broken-down tissues. The tissues die in both the active and inactive person: but in the former the exercise removes them before they die; while in the latter they die and remain a part of the structure, forming an unburied corpse. The latter people furnish food for germs, and fees for the doctors.

LEAF 110

DISEASE GERMS ARE SCAVENGERS.

Germs are the friends of the human race the same as the larger scavengers - - the vultures, buzzards, crows, coyottes - - are in the animal world. Scavengers do not eat live animals, and neither do disease germs eat living tissues; both feed on dead matter; one on dead animal carcasses, the other on dead tissues in the human body.

In order to maintain health it is absolutely necessary to remove the dead tissues from the body as they die. The Law of Activity will do this, and germs will also, after they have accumulated in quantity. But at present it is not a good plan to use the germs; though we all have seen many a delicate person after being cleaned out by disease germs, re-bound into vigorous health. That would be the result following every spell of sickness, if it was not for the deadly drugs taken. In time it may be that germs will be made to serve the purpose of removing the dead tissues from the body; but at present they endanger life. The germs themselves never make sick and kill; it is the excreta from the bowels of the germ-life that poisons and destroys. It may be that science will discover an antidote for this poison, and then it will be safe to inoculate with germs for cleansing purposes.

LEAF 111

INWARD CLEANLINESS IS MORE NECESSARY FOR HEALTH THAN OUTWARD CLEANLINESS.

If you will observe the illustrations on the opposite page you will see the force of this Leaf. The illustrations show a clean neart, an unclean heart, and kidneys covered with dead tissues and other impurities. All the disease germs in christendom could not affect the clean heart, but, only one germ emplanted in the dead matter on the other organs, and dis-ease and sickness would follow, and perhaps death; for the entire structure of the unclean organs is composed largely of dead tissues, and the germs would eat out all the dead matter before they left it, if it destroyed the life. A balanced activity would keep the healthy heart in that condition for ages if the other Laws were equally observed; but a few years of inactivity would cause it to be covered with dead tissues like the unclean organs represent.

In the condition of the unhealthy organs, a balanced system of exercises practiced for a few months would cause the blood to wash all the impurities from those organs and they would likewise be rebuilt of new tissues producing the same condition that is represented by the healthy heart. One of the leading physical culturists of the country speaks of exercising as taking an inward-bath, because in exercising the blood rushes to the part exercised, washes out the dead tissues and re-builds the part a-new. Can you see the importance of a balanced system of physical culture?

Water will keep the surface of the body clean, but it takes the Law of Activity applied through a balanced system of exescises to keep the inner parts clean. It makes no difference how strong the vitality, if any part of the body contains an accumulation of dead tissues and disease germs get located therein, sickness is sure to follow; the kind of sickness depending on the kind of germs. The vitality may be weak, but so long as the body does not contain an accumulation of dead tissues, disease is impossible. Disease germs are scavengers; they feed on dead tissues and impurities in the human body.



LEAF 112

THE VITAL ORGANS SHOULD BE CARRIED AT THEIR HIGHEST ELEVATION.

This Leaf is taken from the Law of Gravity and placed herein because the best results cannot be obtained from a course of physical culture training without observing the principle involved. The stomach liver, heart, lungs and the whole internal viscera, are carried two or three inches below their most healthful position. Under all manner of exercises the vital organs should be carried at their highest elevation, for they cannot properly perform their functions when prolapsed or distended three or four inches. It generally takes personal instructions to help the student get the correct idea contained in this Leaf, and to be able to control the muscles and ligaments that support and sustain the vital organs; but it can be understood by the careful student from the following explanation:

The chest frame should be raised, and held in the raised position; the abdominal muscles are contracted, making the abdomen smaller; the vital organs are drawn higher into the chest frame and held there, while the breathing is carried on with the diaphragm. That elevated position should be maintained at all times, except when applying some of the Leaves from the Law of Repose.

As a means to an end, raise the chest to its highest position, then lower it, shoving out the abdomen. This gives the lowest and most elevated positions of the chest. This movement when practiced as an exercise, makes a splendid stomach pump; but the habit should be formed of carrying the chest and vital organs at their highest position. This position of the vital organs should always be taken before beginning each one of the exercises. The shoulders should be kept down, and not thrown back, nor raised.

There is no physical defect so common as the downward crrriage of the vital organs; and their strength decreases in proportion as they descend. When they are at their highest altitude, the heart beats with a more perfect rythm, the lungs want more air, the stomach secretes

more of the digestive fluids, the liver is drained more quickly of its poisons, the peristaltic waves move the refuse from the stomach on more rapidly through the intestines, and the whole internal machinery takes on a larger and healthier activity. When the vital organs are at their highest elevation, the body takes on a more graceful poise and bearing; the chest loses its flat condition; the stooping shoulders are no more; the back and krees are straightened, and the whole body takes on the exalted condition the Great Architect intended.

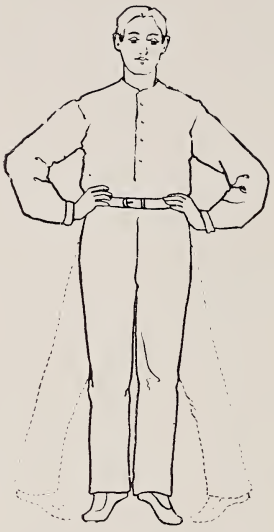


HARMONIOUS SOUNDS CREATE VITALITY.

Music has a wonderful effect on the nervous system. It sets the nerve centres to vibrating and this draws vitality from out the general fund and concentrates it in the nerve ganglia. It would take too much space to tell why this Leaf is true, and it will have to suffice in merely calling attention to the fact. However the way to find the juice of this Leaf is to spend half an hour in these exercises where there is a number with you and a good pianist to accompany the drill. It makes no differene how tired you are, it will expel all weariness and produce a re-invigorated condition of the body. Try it just before retiring at night and you will appreciate the refreshing sleep that follows.

For the best results, it is absolutely necessary to have music accompany the drills, but the same spirit inherent in the music must also exist in the exercise. While this arrangement may not be perfect in this respect, it is sufficiently near it to give complete satisfaction. Have your family, or friends, with you in your parlor, or else where, and a good pianist to accompay your drills. Never take the exercises alone except as a last resort While you can get benefit from practicing alone, yet I am convinced from several years teaching, that the best sesults cannot be obtained in private practice. It is work and drudgery privately, while with numbers it is culture and training. There is inspiration, enthusiasm, magnetism and vitality in numbers; and when they are in the poetry of motion and accompanied by music it becomes electrical!

We will now enter the drills.

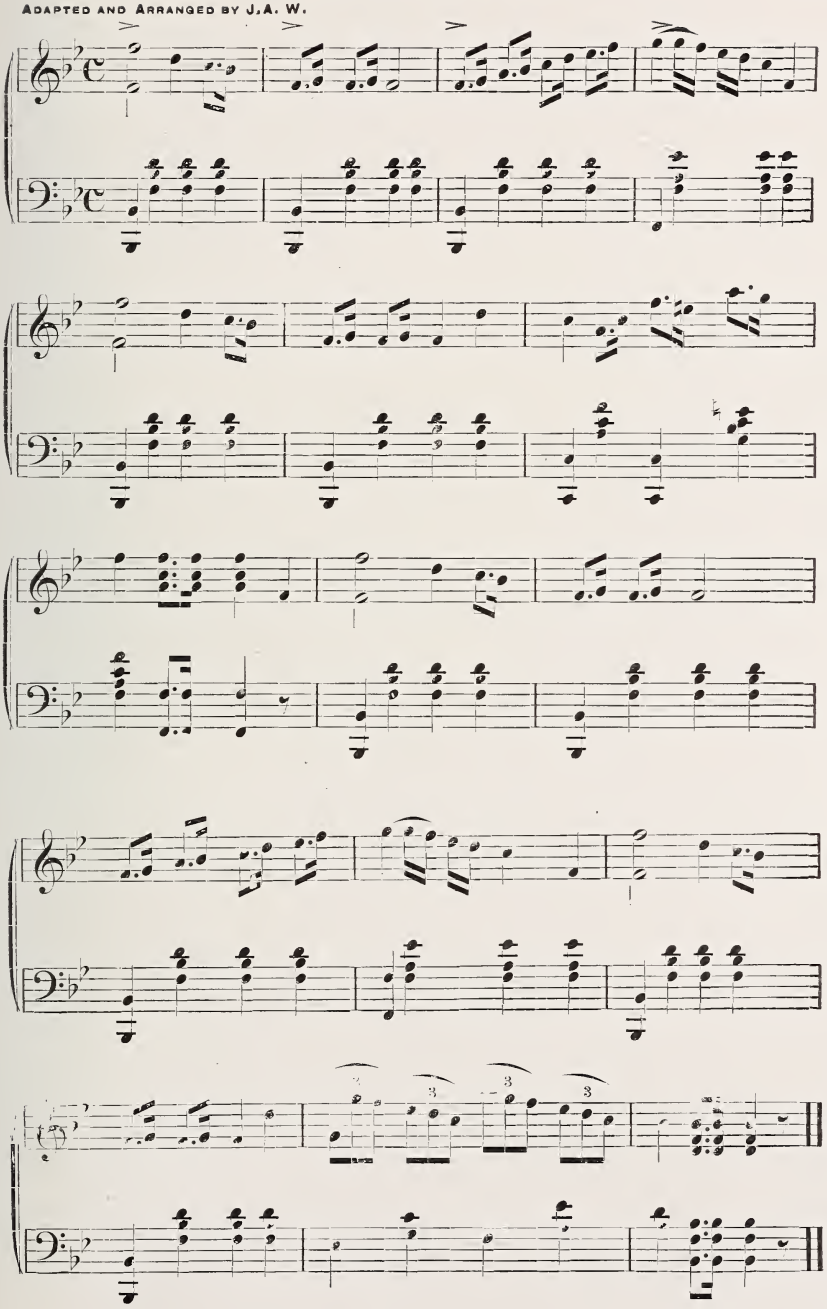


LEAF 114

EXPLANATION: Stand with heels together, raise the body on the toes; from this position, separate the heels on count one, and on count two bring them together; repeat thirty-two times.

REMARKS: This is a most excellent exercise for the feet, ankles and lower part of the legs. If troubled with cold feet; or if there is a lack of symetrical developement from the knees down, practice this exercise faithfully, and the undesired conditions will soon leave. An excellent variation is had by bringing the heels to the floor as they come together; then have them go upward and outward as they separate. If practicing with music, a "count" means an accent, or measure, of the music. After y ou have learned how to take the exercises correctly, it will be no trouble to adapt the movements to the music. All the exercises shonld be taken vigorousl and rapidly.

ADAPTED AND ARRANGED BY J.A. W.



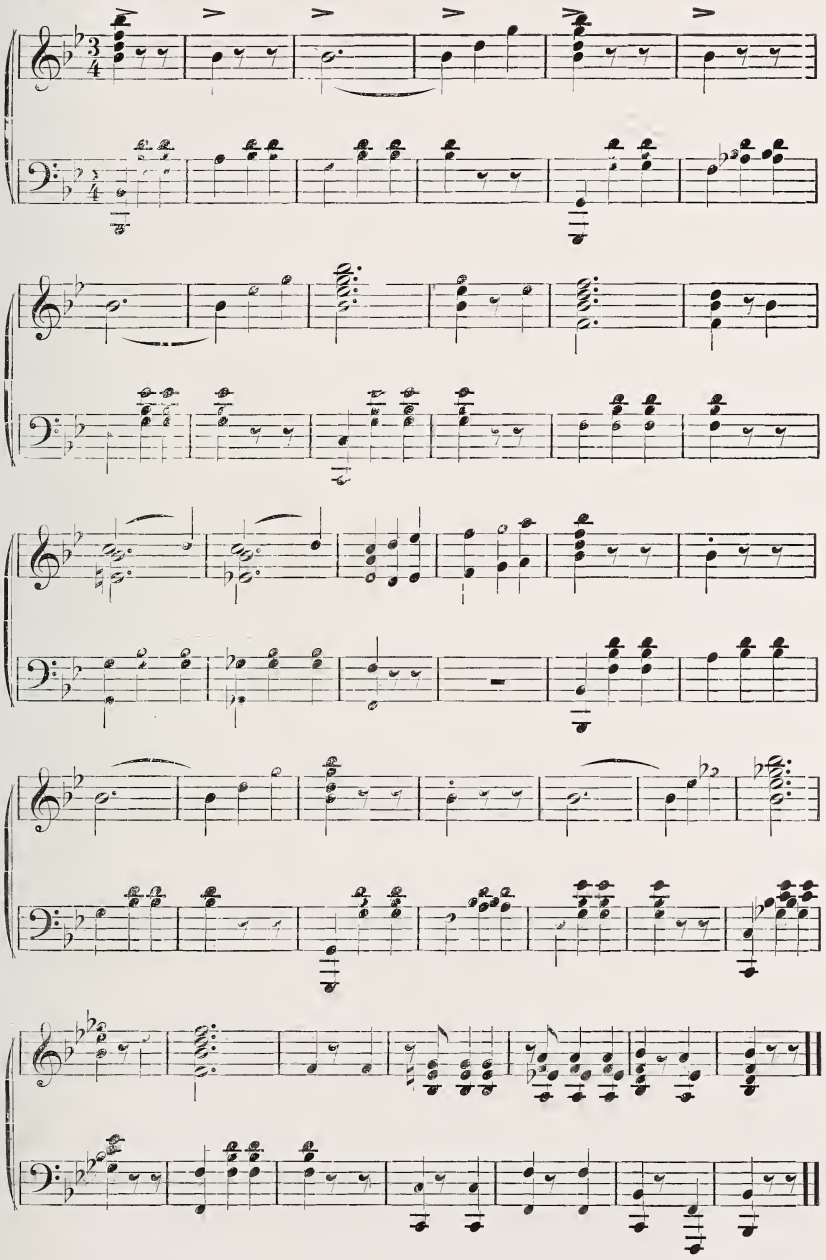


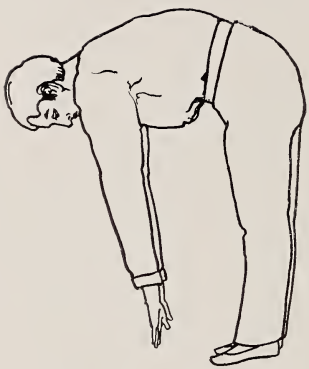
LEAF 115

EXPLANATION: Stand erect, chest well raised, heels together, hands on the waist with thumbs forward; from this position, lower the body until you sit on the heels, on count one; on count two return to erect position. The results are similar to that of the previous exercise

REMARKS: A most excellent variation is had by sitting on count one, return to erect position on count two; but on count three, step forward with left foot, and back to erect position on count four; on count five step to the left, on count six return to starting position; on count seven step back on the left foot, and count eight return to position. Next eight counts repeat, but using right foot. When stepping forward, extend arms in front parallel with each other; when to the left extend arms laterally on a level with the shoulders; when stepping backward, raise the arms over head keeping them parallel.

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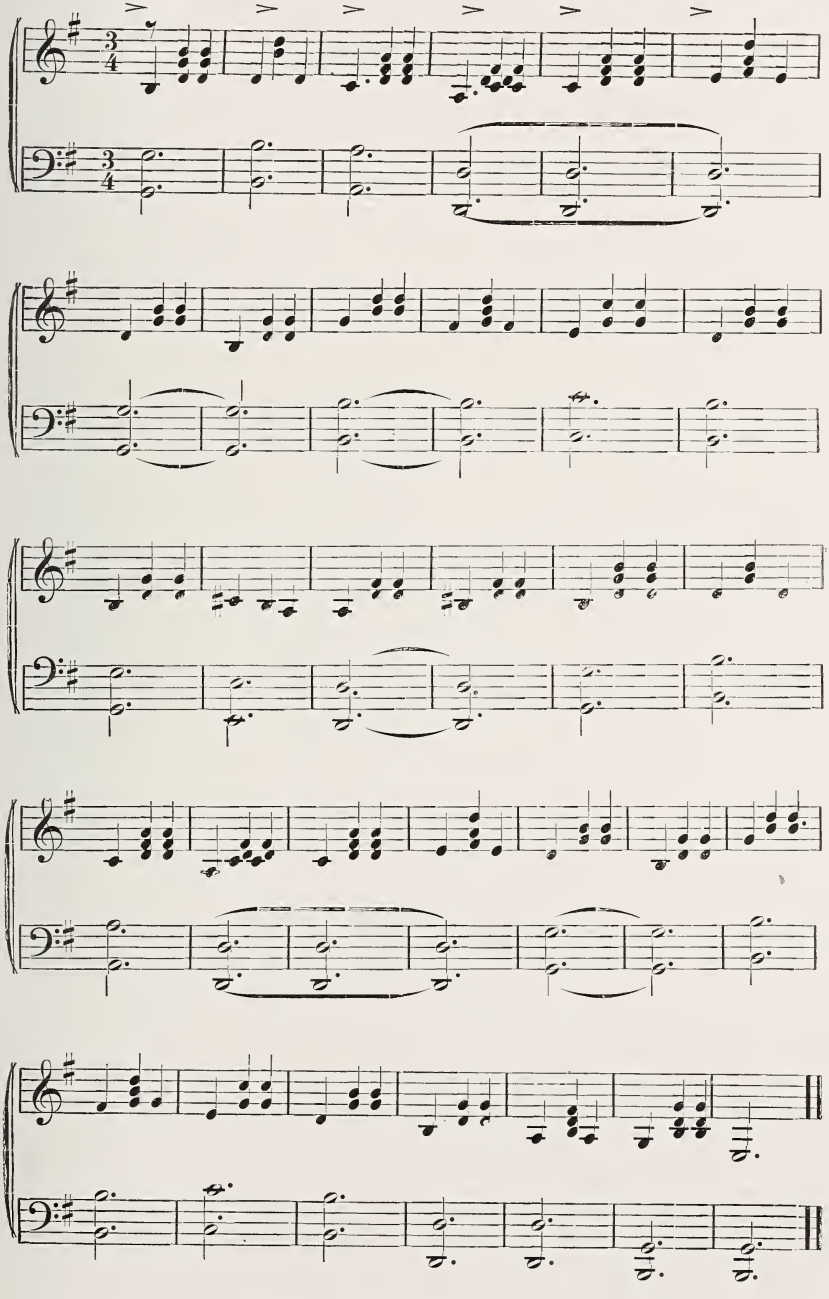


LEAF 116

EXPLANATION: Stand erect, heels together, raise the arms until they are directly over the shoulders; from this position, bend forward at the hips and waist and at the same time bringing the arms forward endeavoring to touch the toes with tips of the fingers, on count one; return to erect position on count two. Repeat thirty-two times.

REMARKS: An excellent variation is had by advancing the left foot to the left oblique front, and endeavor to touch the floor at each side of the foot. Do not bend the knees in either position. Use half the music in this position; then change to the right foot advanced obliquely. This will be liable to cause lameness unless you are used to an all-round muscular activity; therefore do not take it the full number of times at first. It is a most excellent exercise for the waist and back,and for disorders of the stomach and bowels.

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LEAF 117

EXPLANTION: Stand, advance the left foot to the left oblique front about eighteen inches, place the hands upon the waist with fingers forward and thumbs back; facing directly over the left foot. From this position, on count one bend obliquely forward over the left foot, bending at waist and hips as far as the body will go. On count two bend right oblique backward as far as the body will go. Repeat sixteen times, then change to the right foot advanced.

REMARKS: As you bend forward toward the left foot, press in firmly under the short ribs with the left hand, and you will make an excellent stomach exercise of it. When the movement is to the right oblique front, press in firmly with the right hand and you will make a "liver squeezer" of it. This is one of the very best exercises for the stomach, liver and intestines.

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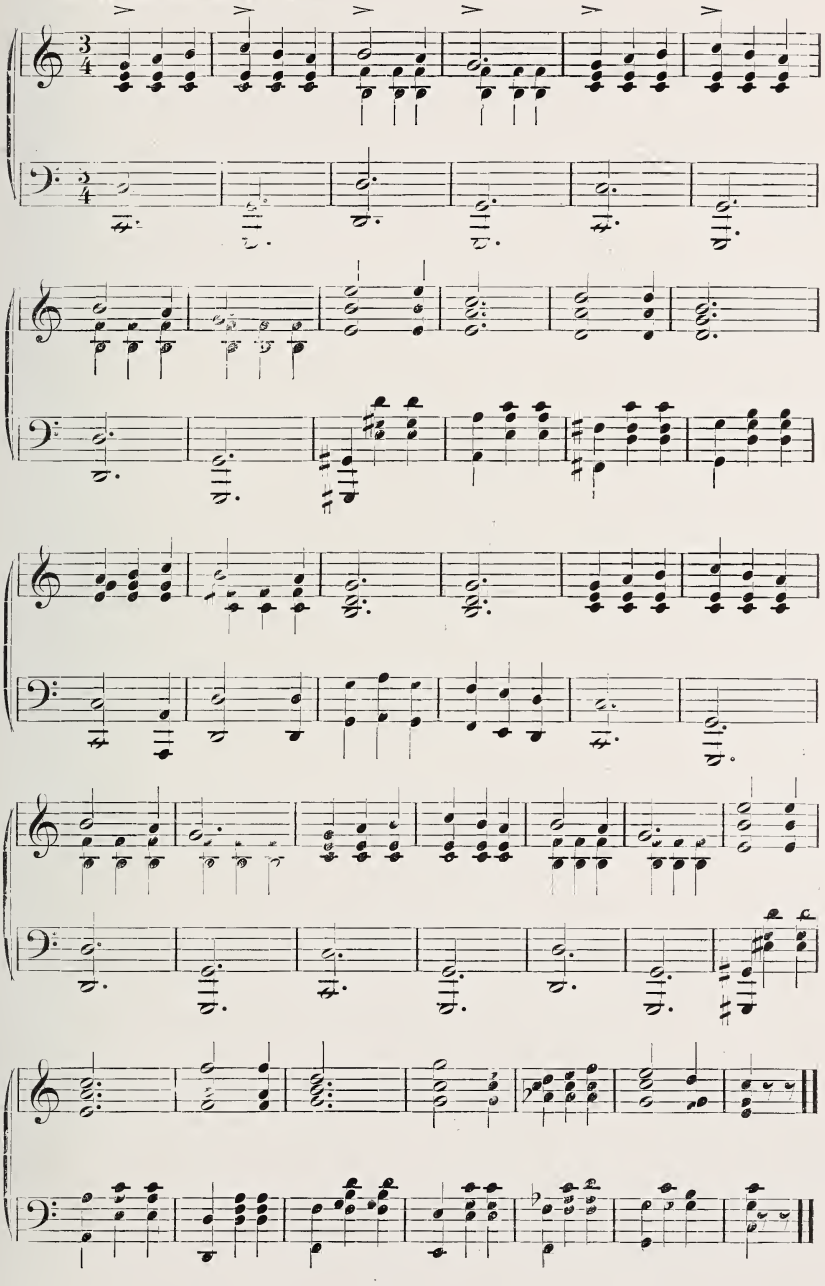


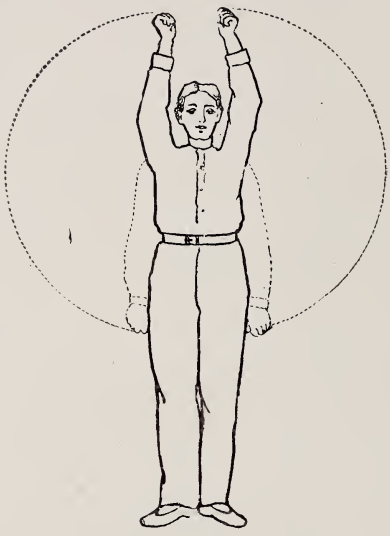
LEAF 118

EXPLANATION: Stand erect, place the hands on the lower part of the sides of the chest; fingers and thumbs forward, and the elbows brought around forward as far as possible making a strong leverage. On counts one, two, three and four, exhale and at the same time crushing in the sides of the chest as much as possible; on next four counts, inhale and expand the lower part of chest as much as possible.

REMARKS: An excellent variation is had by placing the hands on the upper front chest, and practice in the same manner. This is one of the most valuable exercises of the entire system. Many people can add three or four inches to the chest expansion in as many months by faithfully practicing the breathing exercises. The results will surprise any one. Practice the other breathing exercises given herein in connection with this one.

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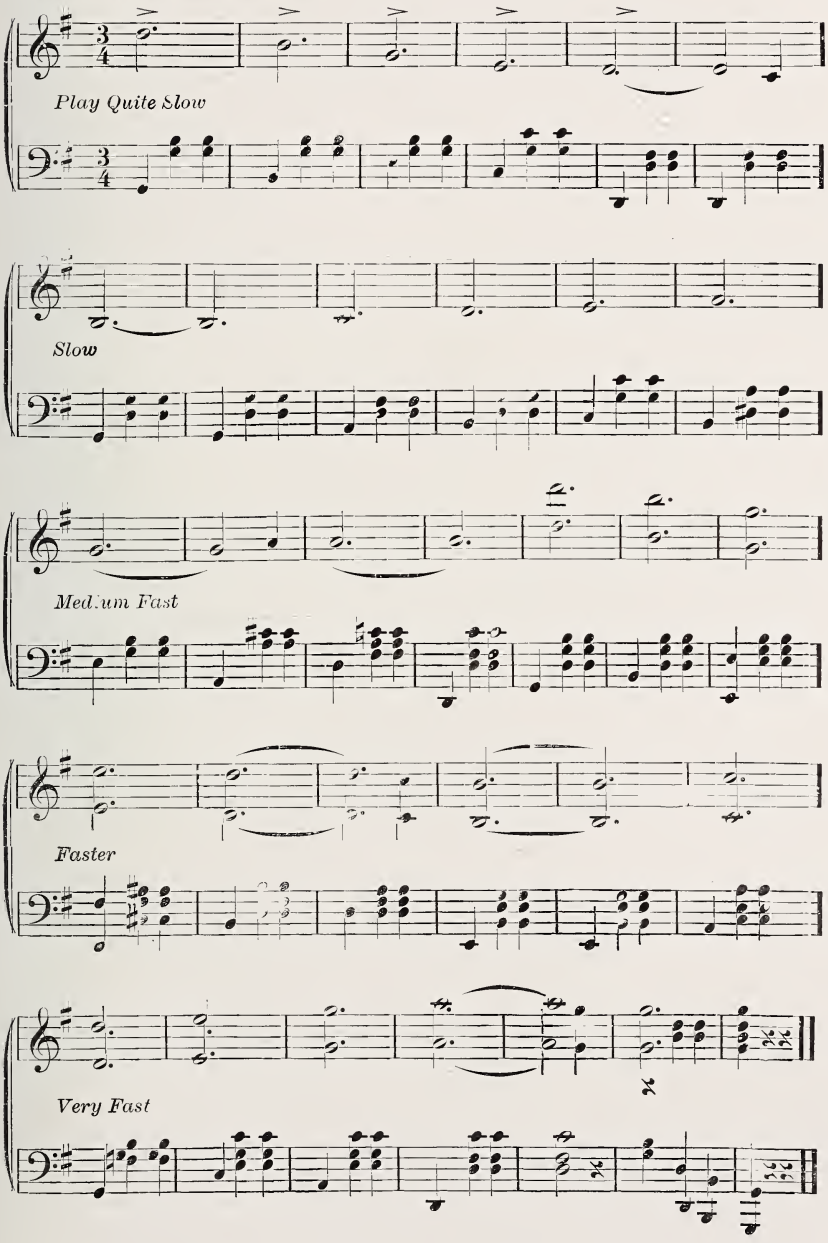


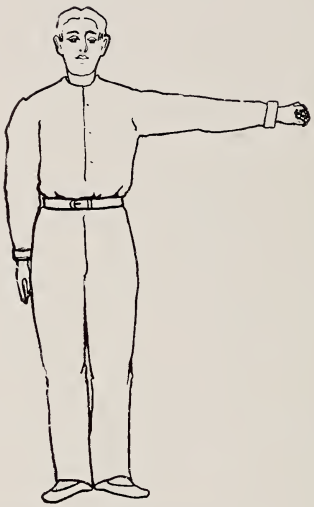
LEAF 119

EXPLANATION: Stand erect, chest well raised, fists clinched and together directly over head with arms straight. On count one bring the fists down latterly until they strike the body at the hips; on count two, carry them back to position over head. Repeat thirty-two times.

REMARKS: This is a very pretty exercise in class drills, and exceedingly invigorating. It should be taken with all the speed and energy possible; making it very vigorous. It will soon fill out the hollows that are about the shoulders, neck and upper parts of the chest, if practiced in connection with the pipe-stem exercises given herein. Care should be taken at first practices, else lameness is sure to follow, and there is nothing to be gained from lameness. The music should be played slowly at first, and gradually increased.

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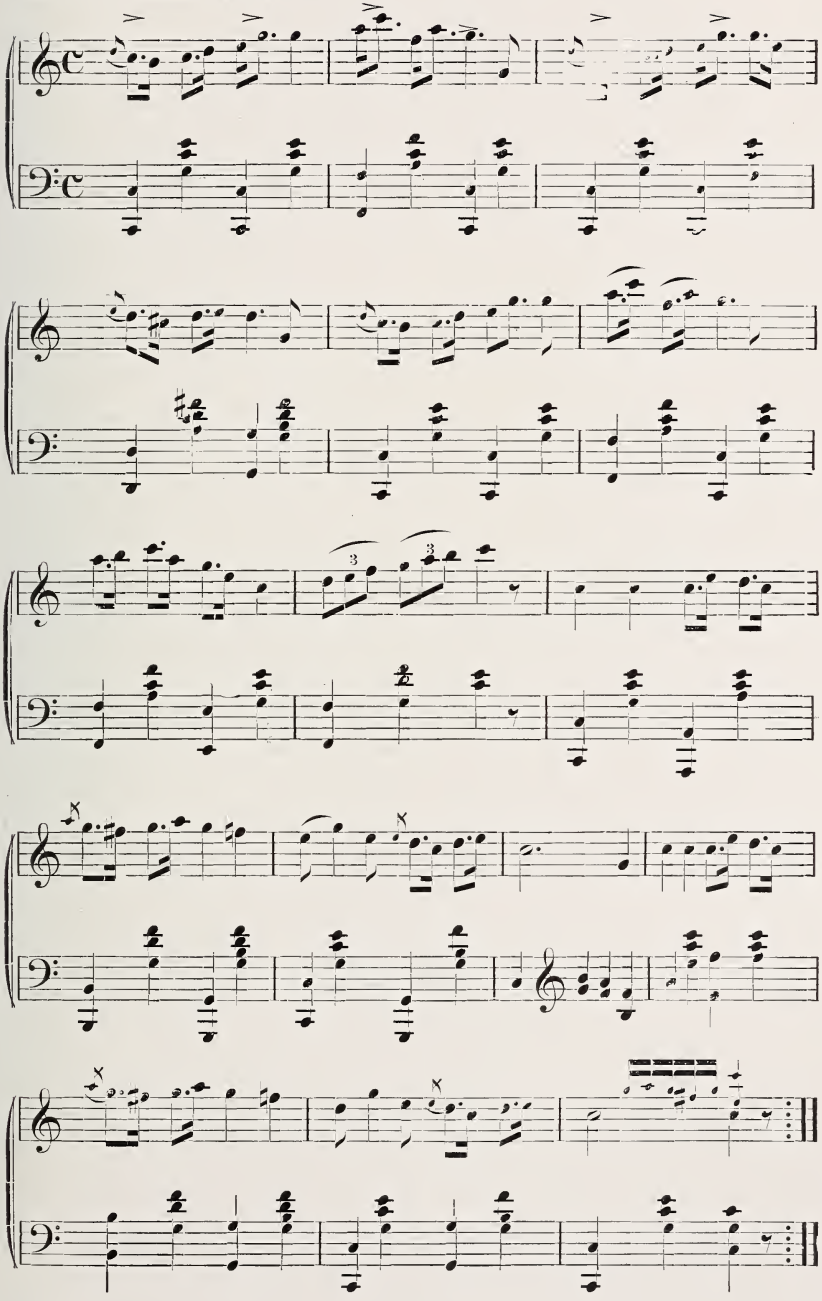


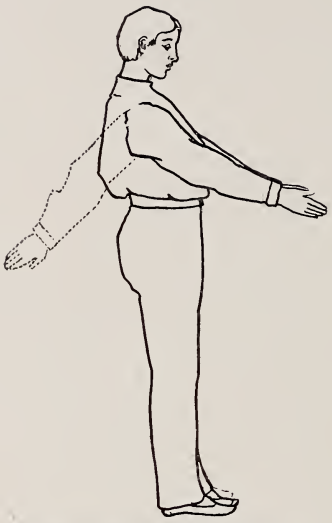
LEAF 120

EXPLANATION: Stand erect, raise the arm laterally on a level with the shoulder, clinch the fist firmly. On count one, twist the arm forward until the back of fist is toward the floor; on count two twist the arm backwards as far as it will go. Repeat thirty-two times, and change to the other arm. Then use both arms together; one going forward while the other moves backward.

REMARKS: In taking this exercise the muscles in the arm should be held very firm and tense throughout the exercise. Extreme weariness can be produced in the arms with this exercise that will attract in large quantities the best nutrition of the blood. If practiced faithfully it will develope the arms and give symmetry to those parts. It also benefits the shoulders, for it is impossible to use one set of muscles without exciting those next them.

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LEAF 121

EXPLANATION: Stand erect with chest well raised; bring the hands together in front and give them a vigorous slap, on count one; on count two, bring them together behind the body giving them another vigorous slap; and so continue for sixty-four counts. This Leaf should be taken with music, and the music should be played slowly at first, gradually increasing until it takes a great effort to keep up with it.

REMARKS: Another splendid movement is had by opening the fingers out widely as possible, and then clinch the fists firmly. Repeat until the muscles refuse to move because of weariness. Many people have cold hands, and when you get hold of them in the hand-shake, one receives a sensation which is more akin to death, than life. Cold hands are very unattractive because they are the result of an unhealthy condition. That condition can be removed with this Leaf.


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Play Quite Slow
Slow
Medium
Fast
Faster
Very Fast

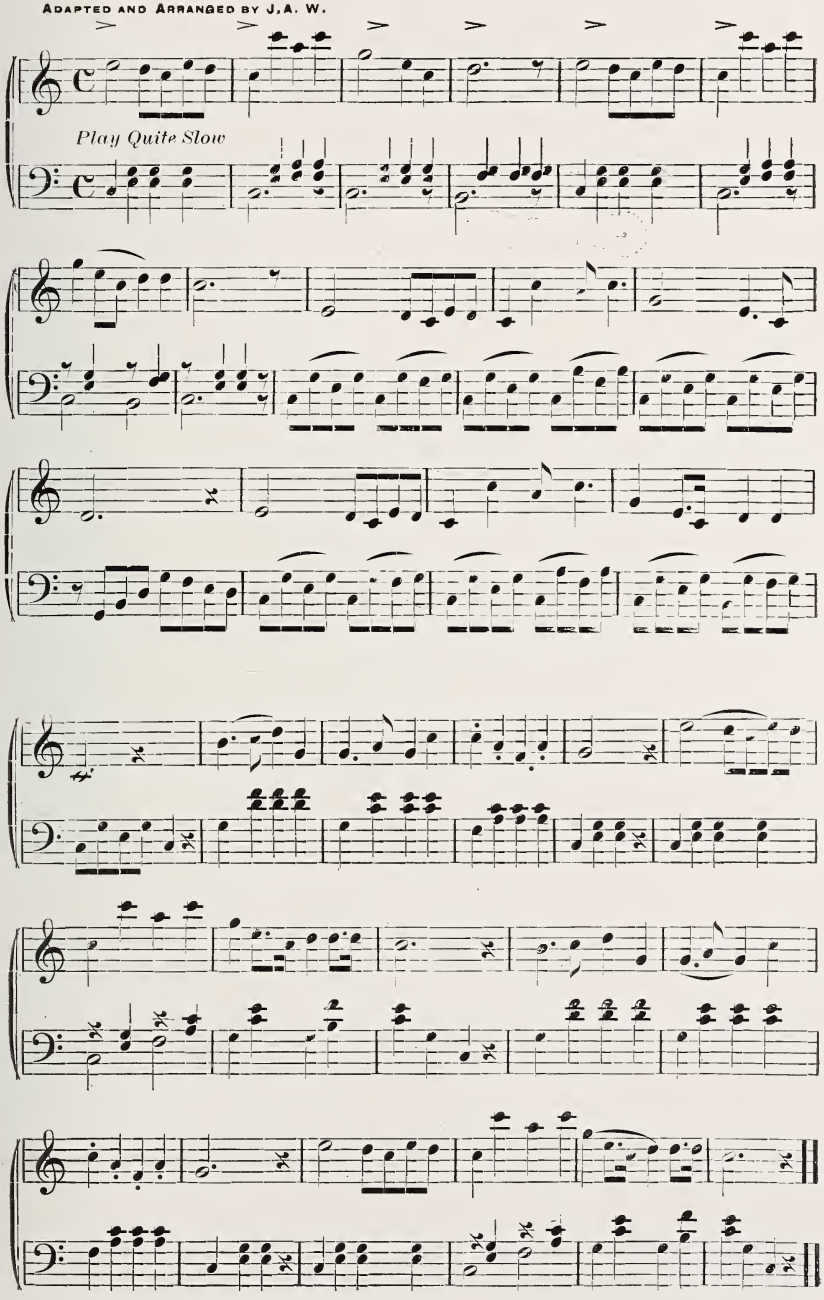


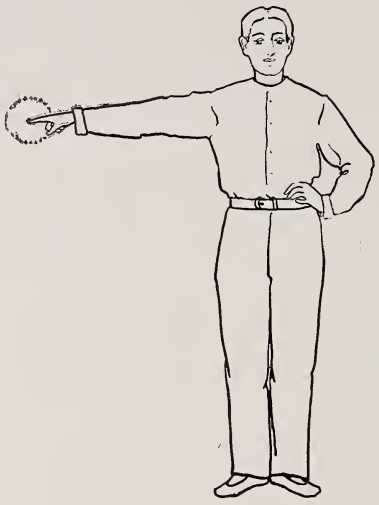
LEAF 122

EXPLANATION: Stand with the chest well raised; let the head drop forward until the chin comes quite near the chest. In this position tense the neck muscles and on counts one, two, and three, carry the head back until it almost touches the back, keeping the neck muscles tense all the time the head is moving backward; relax the muscles and bring the head forward on the fourth count, and repeat sixteen times.

REMARKS: This is the most powerful neck exercises known to legitimate physical culture. It will strengthen the neck and throat quicker than any exercise known. If troubled with weakness and colds in the throat, practice this exercise. Be careful in beginning the practice; after the muscles are used to the new tax on them, it will in nearly all cases overcome any weakness in the throat. and it is one of the best exercises for strengthening the voice.

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LEAF 123

EXPLANATION: Stand, extend the arm latterally on a height with the shoulder, and make the index hand. In this position, make small circles about six inches in diameter, with the whole arm moving from the shoulder. Repeat with right arm; then make the circles with both arms going at the same time. Variation: clinched fists raised to height of the chin; revolve one around the other; reverse the direction.

REMARKS: Speed, when free from any strain or jerkiness, is a valuable Leaf to make use of in applying the Law of Activity. The greatest possible speed must be used in this exercise, else it falls flat. Make the whole body shake and vibrate with the tremendous speed and energy you put into the small circles. It is a most powerful exercise when the greatest possible speed is used. The music helps to develop the spirit of the movement.

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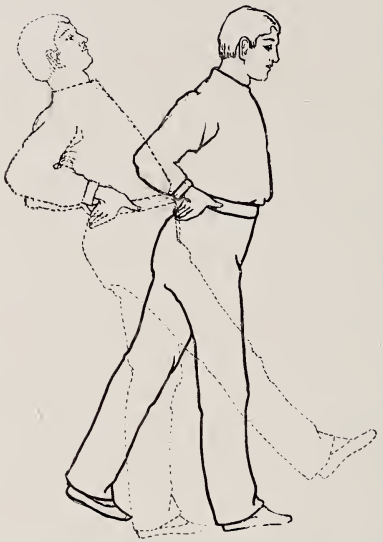


LEAF 124

EXPLANATION: Stand, advance the left foot to the left oblique front, rise on the toes and at the same time grasping with the hands an imaginary bell-cord. On count one step back and pull down until the hands come as low as the knees; on count two return to advanced position. Repeat sixteen times, then change to right position.

REMARKS: This exercise is an imitation of ringing the bell. It is not necessary to have a rope to get hold of, for the more artistic one becomes in taking an exercise the less apparatus is needed. The clumsy, crude, awkward person needs all the help obtainable from apparatus in taking any exercise; but the artist is handicapped by it; he needs no assitance. Enter into it with a spirit of the realistic, remembering that a careless student rarely ever grasps the essential idea of anything.





LEAF 125

EXPLANATION: Stand, extend the left foot back, keeping the foot clear of the floor and the knee straight. On counts one and two, make two little jumps on the right foot; on counts three and four, the the right foot goes forward and the left foot comes to the floor making two little jumps. When the left foot is back, bend the body forward; when the right is forward, bend the body back as far as possible.

REMARKS: This is known in gymnasiums as the "rocking horse" or the "rocking run." It is very interesting; but should not be practiced by those with weak hearts. Interesting variations are made by going around the hall in couples, or single file; or forming a line of six, three facing one way aud three facing the other, having hands on one anothers shoulders, making a wheel as they go around; or a column of eight or more going forward sixteen counts, then return backwards.

ADAPTED AND ARRANGED BY J.A. W.





LEAF 126

EXPLANATION: Stand erect with chest well raised, extend the arms laterally on a level with the shoulders. On count one, bend to the left at the waist only; on count two bend to the right, keeping the arms straight as a beam. Repeat thirty-two times.

REMARKS: All movements that bring into action parts about the waist and abdomen are especially beneficial. These muscles are rarely ever sufficiently used to produce the best health of the stomach and intestines. This exercise may be varied by making circles bending at the waist. Bend first to the left, then to the front, then back, and to the right, making a complete circle. Make four circles going each direction. All the exercises that bring into action the muscles about the waist help to overcome any weakness associated with the digestive apparatus.

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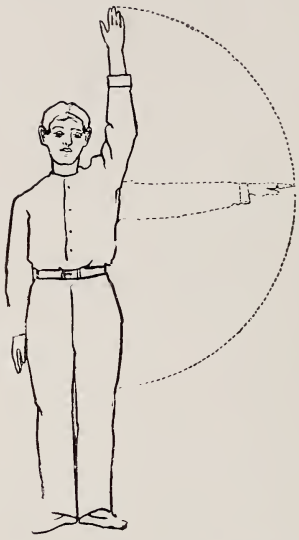
LEAF 127

EXPLANATION: Stand erect and chest well raised, enter-lace the fingers and bring the hands firmly together, hands and elbows on a level with the shoulders. From this position, on count one bring the hands back to the chest without letting the hands separate, and on count two return to the front position. Repeat thirty-two times.

REMARKS: This exercise will do more to overcome a flat chest and stooping shoulders than any other single exercise known. It is especially good for elevating the chest; but to get the best results an effort should be made to raise the chest and meet the hands as they come towards the chest. It is a difficult exercise, but should be mastered by all. The results from faithfully practicing this exercise will pleasantly surprise any one who is inclined to stoop. Pay strict attention to the details of this exercise.

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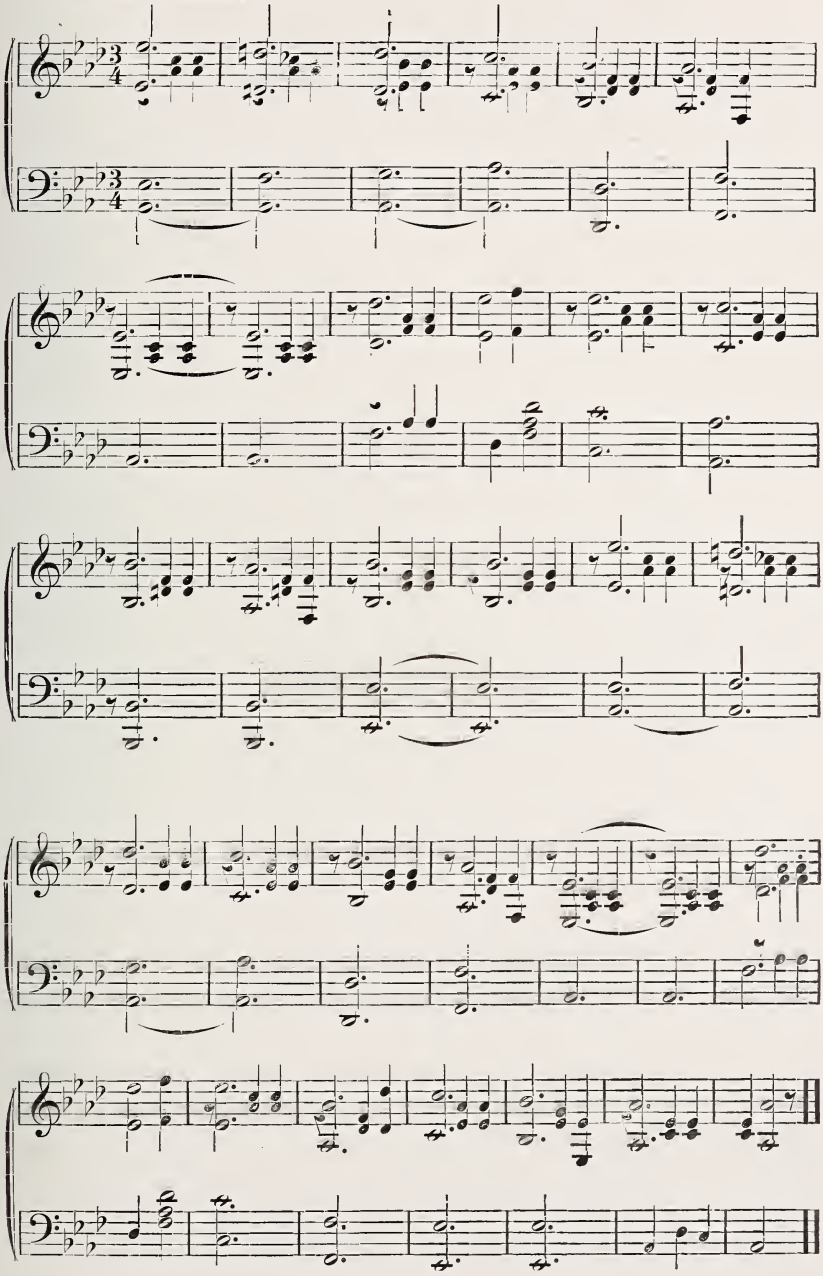


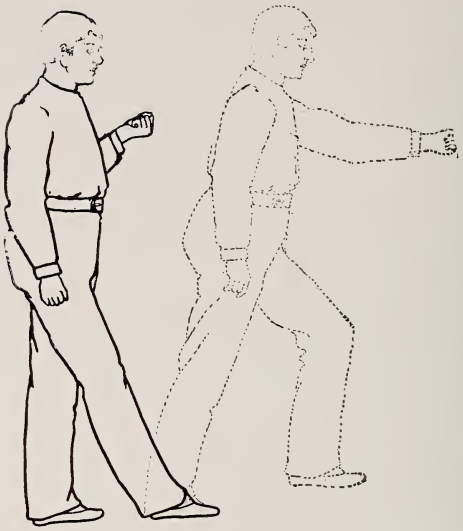
LEAF 128

EXPLANATION: Stand, raise the left hand directly over the shoulder, keeping the arm straight; from this position, bring the arm down to the side; but when the hand begins its downward course begin tensing the muscles in the arm and hand until the arm comes to a level with the shoulder; then relax the muscles from that point to the hand's lowest position. Now reverse the direction of the exercise; when the arm starts up, begin the tensing and continue until on a level with the shoulder; then gradually relax until the hand reaches its zenith position The greatest tension is when the arm is on a level with the shoulder, in either going up or coming down.

REMARKS: This is the best. The careless student will see nothing of special value in it, but the earnest practicer will. Speed and Energy applied through the Law of Activity beget Vitality.

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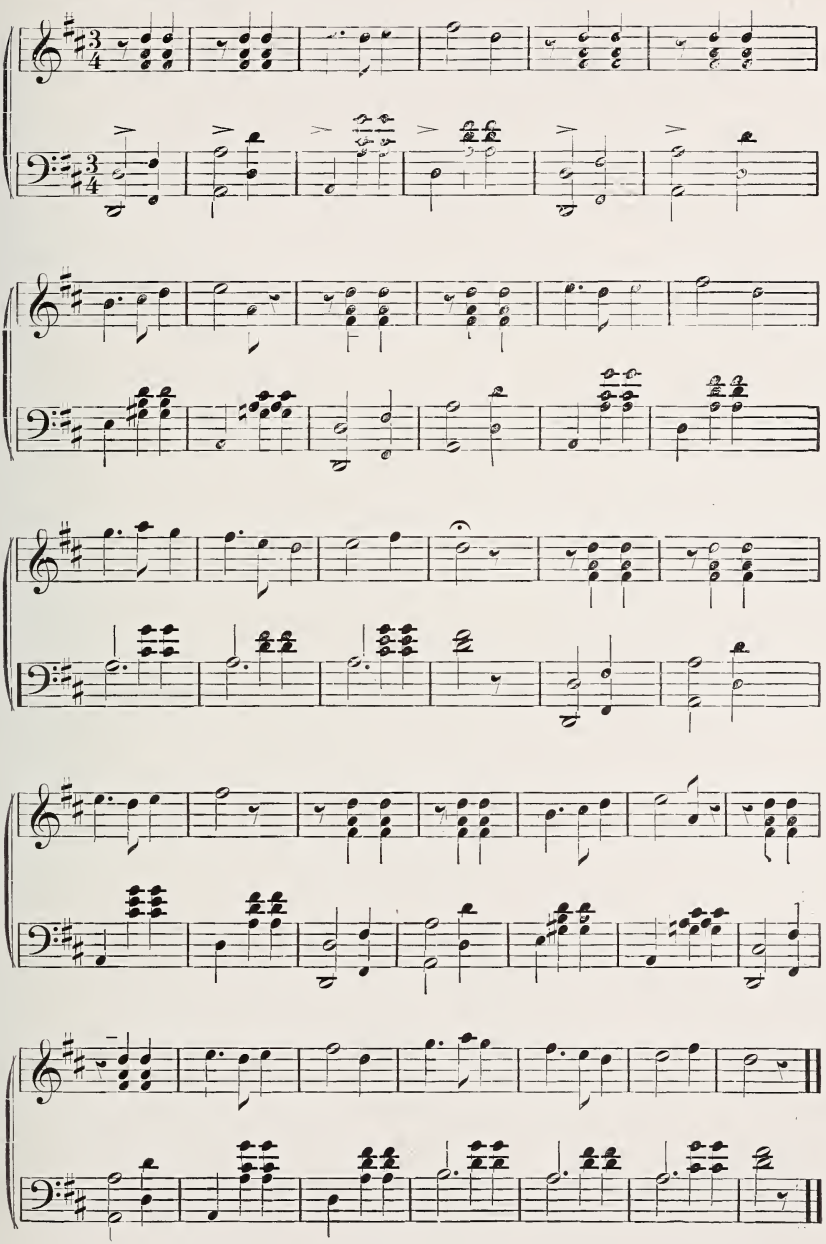


LEAF 129

EXPLANATION: Stand, step back with the left foot and at the same time clinching the fist. On count one, step forward on the left foot and strike an imaginary antagonist; return to back position on count two. Repeat sixteen times, then quickly change the position for striking with the right fist.

REMARKS: This exercise is an imitation of striking a blow with the fist, and we often speak of it in class drills as the "John Sullivan" exercise. It is not necessary to have a bag or man to punch to get satisfactory results. The clumsy and awkward need apparatus to astist them, but not so with the artist in physical culture. Make the movements free from roughness and jerkiness, yet vigorous and strong. All roughess, jerkiness, straining, and heavy lifting, injure the nervous system, and should be avoided by all who would have the best health.

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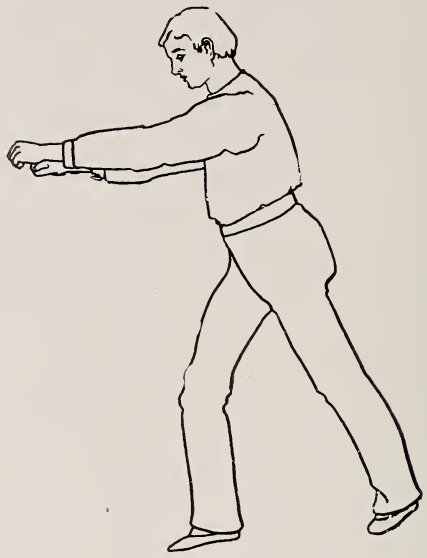
LEAF 130

EXPLANATION: Stand, advance the left foot to the left oblique front, grasp with the hands an imaginary pick-handle and raise it over head. From this position, on count one dig down; on count two return to position. Repeat sixteen times, then change to the right-handed position.

REMARKS: If it was possible for one exercise alone to give the body an all-round muscular activity, this one would do it; but such a thing is impossible. And for this reason, a large variety of movements should be practiced. Any one kind of work or exercise will make the body stiff, awkward and unhealthy, if done exclusively. This exercise is an imitation of the pick, and it is a most excellent one too. In taking it, lower the hands until they come within about eight inches of the floor.

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LEAF 131

EXPLANATION: Stand, advance the left foot to the front, reach forward and grasp with the hands imaginary oar handles; on count one pull backward and shift the weight of the body to the right foot, but keeping the same foot position. On count two, return to forward position. Repeat sixteen times; then change to right foot advanced.

REMARKS: An interesting variation is had by sitting on four counts, rowing eight counts, and getting up the next four; then repeat sitting to the other side. On count one let the left knee go to the floor, count two left hand goes to the floor, count three the body sits on the floor, and count four the hands are clasped on the knees; then on count five the rowing begins. Rowing is considered one of the best exercises but the imitation is equally good, if not better. Make it vigorous by pulling hard when the weight is being shifted backwards.

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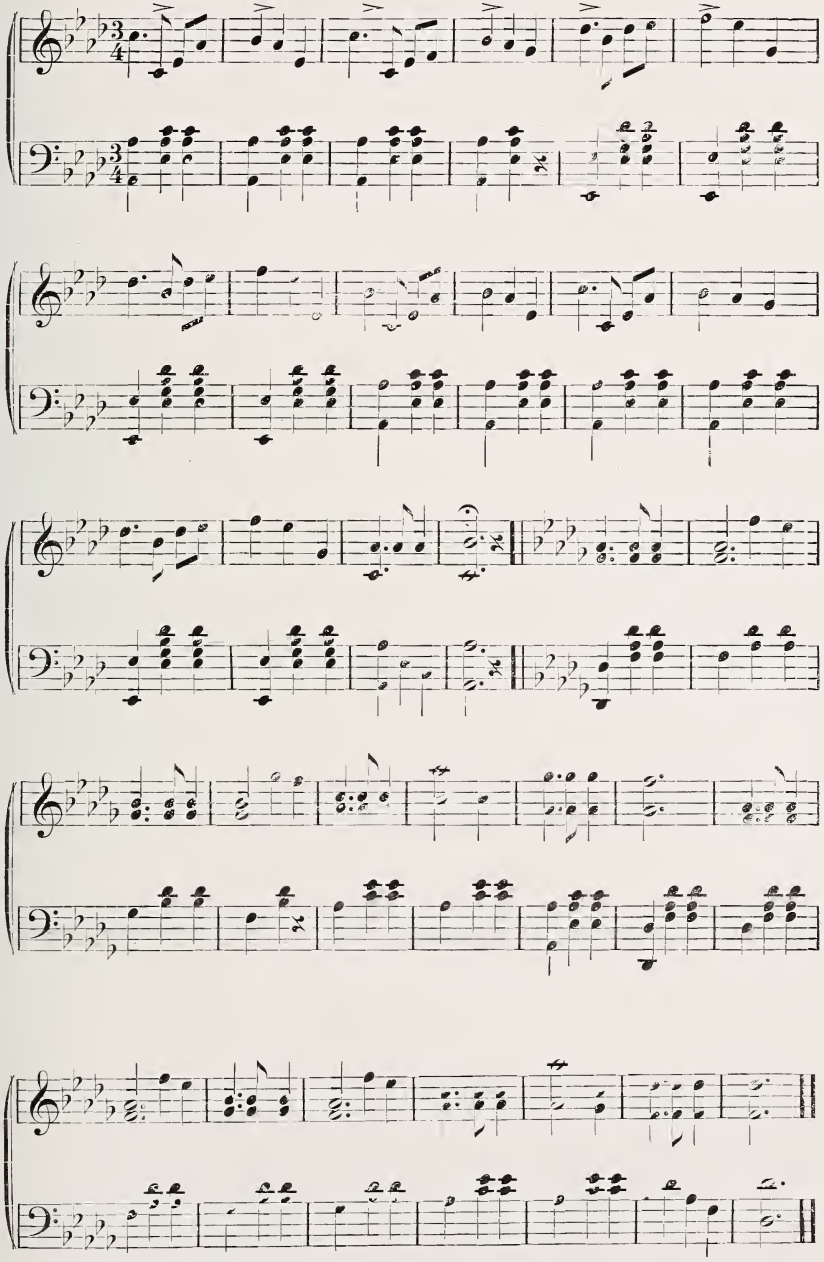


LEAF 132

EXPLANATION: Place the left knee on the floor and encline the body backwards as far as it will go; extend the arms in front and parallel, with palms downward; from this position, on count one move the body forward until it rests on the knee, and at the same time moving the arms back keeping them straight and the palms facing the floor; on count two return to starting position. Repeat sixteen times, then change to the right knee on the floor.

REMARKS: This makes a valuable and interesting exercise. It should be begun lightly at first else it may cause lameness; and so with all the exercises in this system. Far better results come from the course of training where the muscular system gradually adapts itself to the new and larger activity. Do not take the full number of movements at first nor do not take them vigorously.

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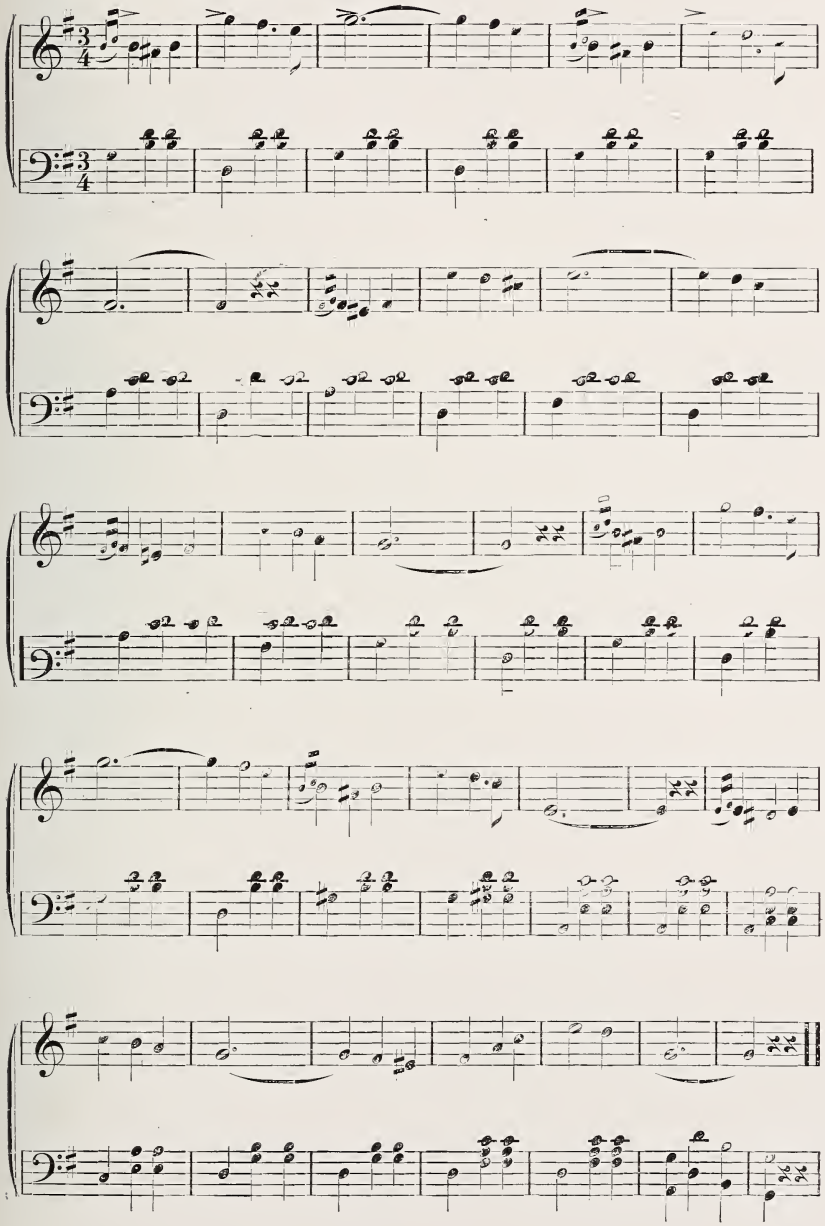


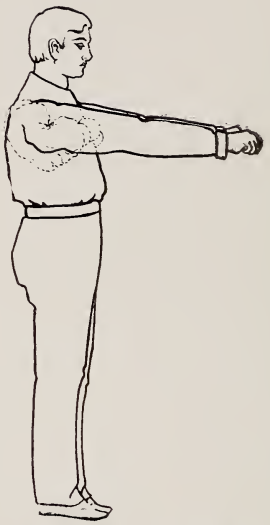
LEAF 133

EXPLANATION: Stand, enter-lace the fingers and place the hands back of the neck, fill the lungs full and hold. On counts one, two, three and four, slowly rise on the toes tensing the whole body; counts five, six, seven and eight, slowly relax exhaling and bringing the heels to the floor. Repeat eight times.

REMARKS: This exercise has a wonderful effect on the whole nervous system, if performed correctly. Nature compels all animal life to take this exercise in the form of a stretch; and the life Impulse compels mankind to take the same in some form or another. We may learn valuable lessons by observing the habits of animals. These tensing exercises arouse the nerve centres and send the blood with a thrill to parts seldom used. They are among the best means of improving the general health.

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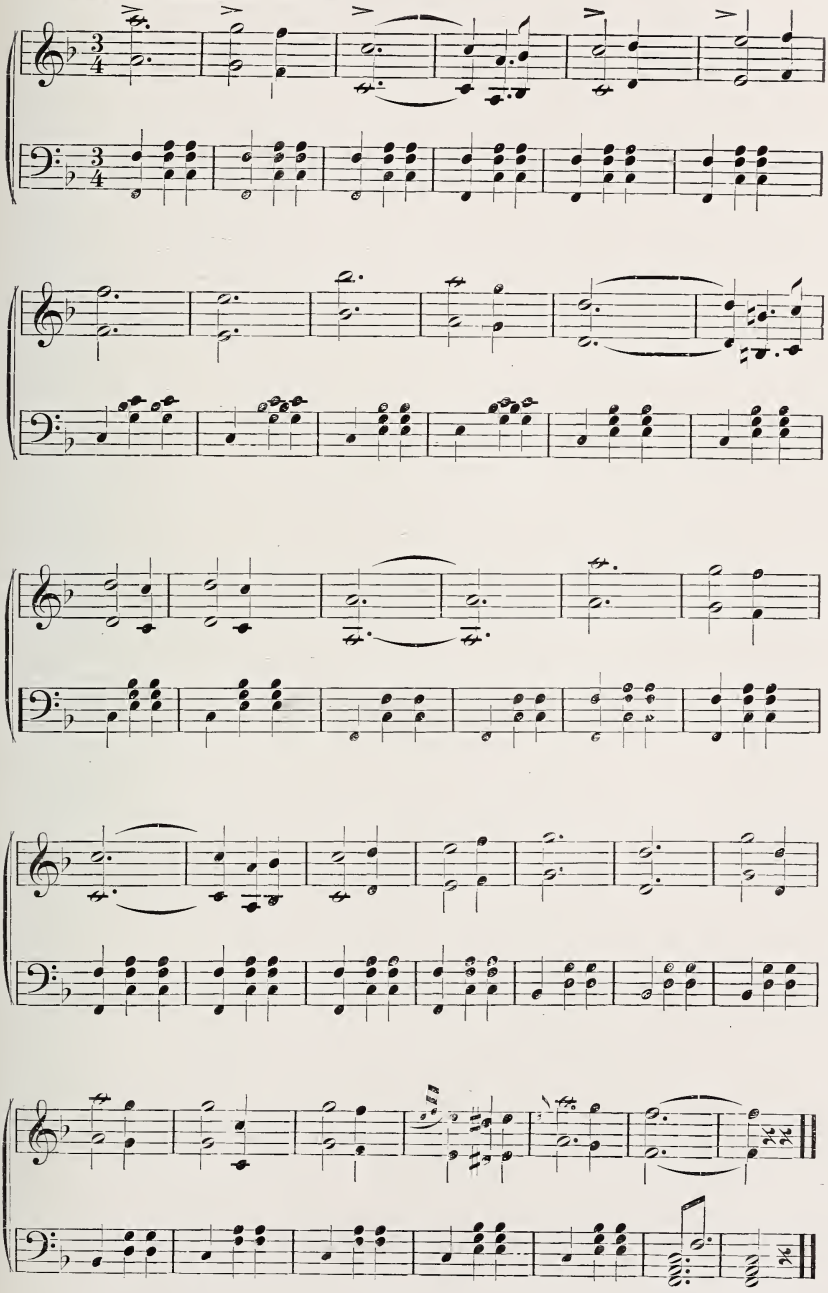


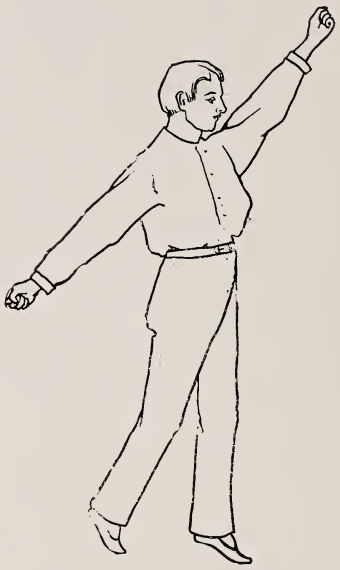
LEAF 134

EXPLANATION: Stand, extend the arms to the front and on a level with the shoulders. On counts one, two, and three, gradually tense the fists bringing them back to the shoulders; then on the fourth count relax the tension and return the hands to the front position, and repeat sixteen times.

REMARKS: Variations may be had by raising the hands to the zenith position; up front position; down front, down lateral, up lateral, and the obliques. This is one of the best vitalizing exercises known, and if practiced five minutes three times a day after each meal, in the fresh air, it will work wonders in restoring a weakened vitality. Get fresh air, plenty wholesome food, eight hours sleep, and practice this exercise as indicated, and the results will be most beneficial. Practice it in connection with the other tensing exercises.

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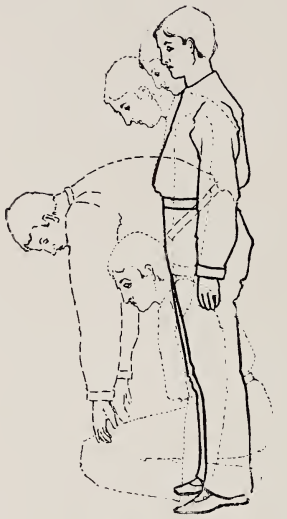


LEAF 135

EXPLANATION: Stand, advance the left foot to left oblique front, bring the hands to the chest and the same time filling the lungs full. On counts one, two, three and four, slowly rise on the toes shoving up and out with the left fist and down and back with the right, tensing the whole body. The next four counts slowly relax and return to position; repeat five times, then change to the other side.

REMARKS: I have often observed a great improvement in the health of pupils who have faithfully practiced the tensing exercises. One who was a nervous wreck gained twelve pounds in seven weeks. The doctors had had her under three rest spells (Repose) trying to get her vitality strong enough to undergo an operation. She gained twenty pounds in three months, and left the class in perfect health. Observe carefully the details of all the nerve exercises.


ADAPTED AND ARRANGED BY J.A. W.



LEAF 136

EXPLANATION: Stand erect; on count one let the neck muscles relax and the head drop forward, on count two let the shoulders and chest muscles relax and those parts drop forward; on count three let the waist muscles relax and the body drop forward from the waist; on count four the knee muscles relax and the whole body drops to the knees. On the next four counts return to position; first energizing the knees, then the waist, chest and shoulders, and the neck.

REMARKS: Relaxation, rest - - the Law of Repose - - is as necessary to the life of the body as is the Law of Activity. You should master this exercise, not for the activity it affords, but for its devitalizing effects. Learn to relax and rest; learn to stop the expenditure of energy by removing all tension from the muscles; learn to "let go" any part of the body you choose.

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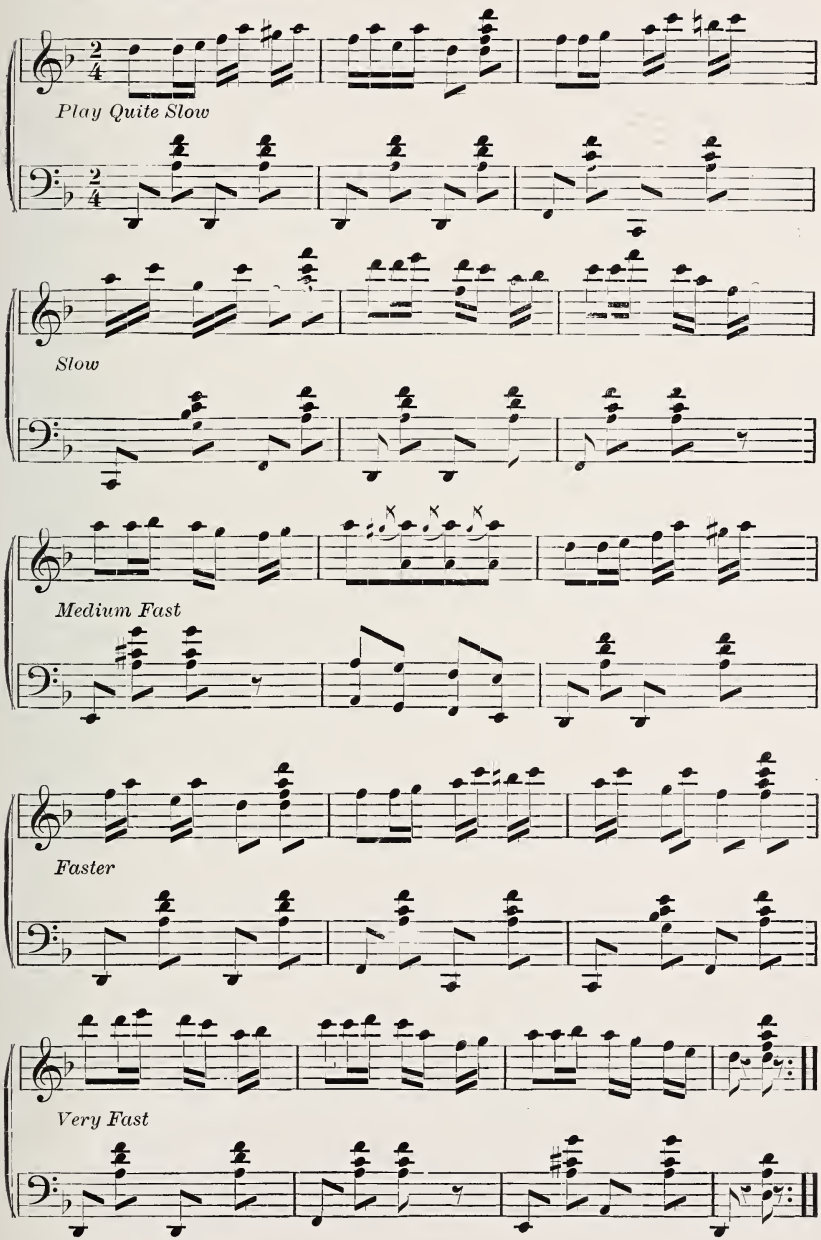


LEAF 137

EXPLANATION: This is the run. The music is exactly suited to the run around the hall; but it may be taken in different forms, such as the stationary run, backward run, and others.

REMARKS: Great care should be taken by those with weak hearts. It is one of the best exercises for strengthening that organ, but great care must be taken not to over tax it. Go very gently at first and notice that the breathing is not hard, and that the heart does not "flutter." Those who have strong hearts will find one of the best means of rapidly building up the vitality is to run from fifty to a hundred yards with all the speed possible. It is best to take four weeks practice before making the greatest effort, then keep it up daily for four weeks; then take the period of rest and watch the vitality increase. It will surprise any one who will go through the practice.

ADAPTED AND ARRANGED BY J.A. W.



LEAF 138

THE CHIEF EFFORT AT MUSCULAR DEVELOPMENT SHOULD BE DIRECTED TO THE TORSO.

The "torso" is the parts of the body from the neck to the hips, and contains all the vital organs. When all these parts are well developed and there has been no strain or injury to them, good health is always assured. Most gymnasium training is directed to the muscles in the arms and legs. This is wrong in principle; and it is wrong in fact; it yields undesirable results. Athletes as a rule are not healthy; most of them die before middle life, and generally of lung or heart trouble; all indicating an inharmonious development. The exercises of this system will produce an harmonious physical development, and not like that obtained in gymnasium training, where the ability to perform some difficult feat is apparently the purpose aimed at. All physical training should be directed to a betterment of the health, and not to a base and ignoble purpose.

While a large muscular development is desirable in the arms and legs yet that development must have a firm foundation on which to rest, else it is more than worthless - - it is injurious. If the torso is strong and well developed, other parts naturally get in harmony with that condition; but if the vital parts are small, large muscles in the limbs that are developed in gymnasium training will degenerate to that condition which will harmonize with the vital parts, when the training stops. If the vital parts are large and vigorous, the limbs might be amputated and still good health enjoyed; but permanent good health is not possible when the torso and its contents are small and undeveloped.

While this system of exercises puts the muscles in the arms and legs to a strength test, the purpose in the arrangement has been to strengthen and invigorate the parts from which the fountain of life flows - - the vital organs. It is the writer's opinion that all physical culture movements should have as their ultimate object the strengthening and vitalizing of the torso and its contents; for the torso contains the factory of vitality so far as the individual is concerned.

LEAF 139

THE WAIST AND ABDOMINAL MUSCLES SHOULD BE DEVELOPED TO THEIR GREATEST STRENGTH.

There are quite a number of very valuable exercises that cannot be taken with music; therefore they are arranged differently from those preceeding.

It is a fact that weakness of the digestive apparatus is always associated with weakness of the abdominal muscles; and good health is not possible with poor digestion. A number of the exercises previously given will strengthen the waist and abdominal muscles, but not to their greatest power. The exercise under this Leaf, if practiced in connection with the other waist exercises, will give sufficient strength in those parts to insure a healthy condition there.

EXPLANATION: Take a position flat of the back on the floor; enter-lace the fingers and place the hands back of the neck. In this supine position, on count one rise to a sitting attitude; on count two return to the position on the floor. Repeat until tired.

It may be necessary to place the feet under some object to keep them from rising when you undertake to raise the torso to a sitting position. Care should be taken in beginning the practice of this exercise, else lameness is sure to follow. It is especially necessary for women to use caution in beginning the practice of this exercise. This movement has been dubbed the "stomach puller,"perhaps because it will pull the fat off the abdomen quicker than any other exercise. Many stout people have been able to reduce their waist to a normal size with this exercise alone. Another reason for that dubbing is that the exercise pulls very powerfully on the muscles about the stomach. It may be necessary at first to fasten a cord to the wall above so you can get hold of it to assist in rising to the sitting position; but practice will soon strengthen the abdominal muscles so they will be able to pull the torso up to the sitting position. This exercise may be taken at night after retiring, or in the morning before arising. Very satisfactory results will follow a period of practice of this movement.

LEAF 140

THE LUNGS SHOULD BE DEVELOPED TO THEIR FULL CAPACITY.

Vitality comes to the earth in sunlight; and a Leaf from the Law of Oxygen states that oxygen is a carrier of vitality. Vitality enters the body largely through the oxygen we breathe, and with the oxygen in food and drink. It being true that the lungs are the chief means of getting vitality into the system, one can readily see the importance of a large development of those parts. The few exercises given herein faithfully practiced will insure a healthy condition of those vital organs.

EXPLANATION: Take a piece of clay pipe stem an inch long. First fill the lungs full, place the stem in the mouth and slowly exhale for ten seconds. Repeat again exhaling fifteen seconds; and so continue the practice until you can exhale for sixty seconds, or longer. It may take several month's practice to accomplish this.

LEAF 141

THE LUNG CAPACITY SHOULD BE 1.75 CUBIC INCHES TO EVERY POUND WEIGHT OF THE BODY.

Every other part of the body may be developed by gymnasium training, and yet the lungs remain undeveloped. This is because the method of training is wrong. The lungs should be given special exercises when other parts of the body are at rest. The old and exploded theory that a person should take such exercises as will compel deep breathing is still in vogue in nearly all athletic and gymnasium training, and this one fact alone accounts for the large percentage of athletes dying of consumption. The lungs should be trained and developed with exercises that tax their strength alone.

EXPLANATION: Fill the lungs full; place the pipe-stem in the mouth and take in more air through the stem, packing the lungs as full as possible. This will rapidly increase the lung capacity. When the effort is made to take in more air, rise quickly on the toes. The lung capacity is measured with a spirometer.

LEAF 142

THAT PART EXERCISED THE MOST, ABSORBS THE GREATEST AMOUNT OF NUTRITION.

The weakest part may be made the strongest by applying this Leaf. Daniel Webster, by making use of this principle, developed a n enormous chest and lungs, though consumptively enclined in early life. Any one can do the same thing by applying the principle envolved.

EXPLANATION: Fill the lungs full, place stem in the mouth and forcibly exhale all the air in the lungs. Repeat several times at each practice, getting the air out as rapidly as possible; though a little caution should be taken on beginning the practice else soreness may follow in the apex of the lungs.

LEAF 143

VITALITY COMES TO THE EARTH IN SUNLIGHT.

If you want to increase your vitality, breathe more fresh, vitalized oxygen. Increase the lung capacity to the normal size; then practice the following exercise the remainder of your days and thus add health, pleasure, and happiness to your earthly existance.

EXPLANTION: Exhale slowly until no more air can be got out, then inhale slowly until the lungs are full and hold a few seconds. Take a few normal respirations as a means of rest. When out in the fresh vitalized air do not fail to practice the lo g exhalations followed by the long inhalations. The temperature of a sick person can be reduced by practicing this exercise; if done where the oxygen is vital.

The oxygen from sunrise to the midday has the best and most vitality in it. At noon the vitality begins to wane, and by nine o'clock at night the air is practically dead; and all the physical world should b at rest. The vitality in the forenoon is like that of fresh vegetables, or like the life of children at play, or that of young animals romping o'er the pastures green; while the vitality at night is like that of stale vegetables, or the life of old age.

TREE OF LIFE CLUBS

It is the author's ambition to form Twelve Hundred TREE OF LIFE CLUBS to put to test the Leaves gathered from the TREE OF LIFE. Details of the methods and work to be done cannot be given in this volume; but the general plan is to have Honorary members, Associate members, Active members, Local members, General members; all to be seekers after truth, and concentrating it in the TREE OF LIFE Library for the benefit of the human race. Think of the field of investigation under the Law of Substance! Millions of people expend most of their nervous vitality in digesting unwholesome food and therefore have no surplus energy with which to successfully accomplish the undertakings of life. The no-breakfast fad; the no-supper plan; the three meals a day habit; the five meals a day claim; the one meal a day benefits; the fast cure; the water cure; the grape cure; the meat diet; the non-meat diet; the vegetarian diet, and so on, will be tested and the conditions under which desirable results are obtained will be found out. Everything connected with food and drink must be thoroughly tested and the conditions under which desirable results are to be hadmust be ascertained.

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